

Statistics Report 08215, Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon

Report Date:October 09, 2015 19:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water <a href="#">1</a>	g	2.75	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2011
Energy <a href="#">1</a>	kcal	379	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	03/2007
Energy	kJ	1585	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2014
Protein <a href="#">1</a>	g	11.23	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2014
Total lipid (fat) <a href="#">1</a>	g	4.88	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2014
Ash <a href="#">1</a>	g	3.05	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carbohydrate, by difference <a href="#">1</a>	g	78.09	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2014
Fiber, total dietary <a href="#">1</a>	g	8.7	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2011
Sugars, total <a href="#">1</a>	g	16.67	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2014
Minerals													
Calcium, Ca <a href="#">1</a>	mg	210	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2014
Iron, Fe <a href="#">1</a>	mg	29.50	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2014
Magnesium, Mg <a href="#">1</a>	mg	114	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2014
Phosphorus, P <a href="#">1</a>	mg	369	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2011
Potassium, K <a href="#">1</a>	mg	359	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na <a href="#">1</a>	mg	344	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2014
Zinc, Zn <a href="#">1</a>	mg	7.14	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2014
Copper, Cu	mg	0.459	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2011
Selenium, Se <a href="#">2</a>	µg	6.3	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	03/2007
Vitamins													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	12.0	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2011
Thiamin <a href="#">1</a>	mg	0.750	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2014
Riboflavin <a href="#">1</a>	mg	0.840	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2014
Niacin <a href="#">1</a>	mg	9.510	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 <a href="#">1</a>	mg	0.880	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2014
Folate, total <a href="#">1</a>	µg	726	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2011
Folic acid	µg	708	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Folate, food	µg	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2011
Folate, DFE	µg	1221	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2011
Choline, total	mg	31.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2011
Vitamin B-12 <a href="#">1</a>	µg	0.00	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	03/2007
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	06/2007
Vitamin A, RAE	µg	354	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2014
Retinol	µg	354	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2014
Carotene, beta	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2011
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2011
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2011
Vitamin A, IU <a href="#">1</a>	IU	1182	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Lutein + zeaxanthin	µg	136	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2011
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	3.24	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2014
Vitamin E, added	mg	2.66	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2014
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2011
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2011
Vitamin K (phylloquinone)	µg	1.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2011
Lipids													
Fatty acids, total saturated <a href="#">1</a>	g	0.880	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2014
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2002
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2002
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2011
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2002
12:0	g	0.016	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2014
14:0	g	0.008	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2014
16:0	g	0.805	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2014
18:0	g	0.051	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated <a href="#">1</a>	g	1.600	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2011
16:1 undifferentiated	g	0.008	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2011
18:1 undifferentiated	g	1.583	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2011
20:1	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2011
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2011
Fatty acids, total polyunsaturated <a href="#">1</a>	g	1.550	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2014
18:2 undifferentiated	g	1.480	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2014
18:3 undifferentiated	g	0.070	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2014
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2002
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2002
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2002
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2002
Fatty acids, total trans <a href="#">1</a>	g	0.000	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol <a href="#">1</a>	mg	0	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	03/2007

Other

Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2002

Sources of Data  
<sup>1</sup>The Quaker Oats, Co. Quaker Oats Company Data, 2014  
<sup>2</sup>The Quaker Oats, Co. Quaker Oats Company Data, 2006